



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Ludewig, Xaver**

Club: Darmstadt

Number: 1337

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 41:16

Speed: 14.54 km/h

Running performance: 4:08 min/km

Rank in course/Total: 52 (of 637)

Rank in course/Men: 51 (of 493)

Best time in course: 31:35

Rank in category: 16(of 69)

Best time in the category: 31:35

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec | 2.00        | 9:13          | 4:36            | 28          | 2:56           | 148        | 2:56          | 2.00        | 9:13          | 4:36            | 41          |                | 50         | 2:56          |
| Runde Langstrec | 2.00        | 8:07          | 4:03            | 15          | 1:44           | 47         | 1:44          | 4.00        | 17:20         | 4:19            | 41          |                | 50         | 4:40          |
| Runde Langstrec | 2.00        | 8:06          | 4:02            | 13          | 1:38           | 34         | 1:38          | 6.00        | 25:26         | 4:14            | 41          |                | 50         | 6:18          |
| Runde Langstrec | 2.00        | 8:09          | 4:04            | 15          | 1:45           | 38         | 1:45          | 8.00        | 33:35         | 4:11            | 40          |                | 49         | 8:03          |
| Leichtathletikh | 2.00        | 7:41          | 3:50            | 15          | 1:38           | 25         | 1:38          | 10.00       | 41:16         | 4:07            | 16          | 9:41           | 51         | 9:41          |